

DINNERLY



One Pan Tomato-Braised Chicken & Lentils

with Bacon & Carrots



1h



2 Servings

It's time to let the braise amaze you! We build flavor in the skillet by searing chicken thighs and browning bacon, then cook down onions, garlic, carrots, and tomato paste in that ultra luxurious (and flavorful!) bacon fat. Throw everything back in the pan along with the lentils, then pop it in the oven and relish in this comforting one pan wonder! We've got you covered!

WHAT WE SEND

- 4 oz pkg thick-cut bacon
- 6 oz carrots
- 1 yellow onion
- 12 oz pkg boneless, skinless chicken thighs
- 6 oz tomato paste
- 3 oz French green lentils
- 1 pkt chicken broth concentrate
- ¼ oz fresh parsley

WHAT YOU NEED

- garlic
- kosher salt & ground pepper
- olive oil
- red wine vinegar (or white wine vinegar)

TOOLS

- medium ovenproof skillet

ALLERGENS

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 770kcal, Fat 36g, Carbs 38g, Protein 69g



1. Prep ingredients

Preheat oven to 350°F with a rack in the center. Cut **bacon** into ¼-inch pieces. Scrub **carrots** (or peel if desired). Finely chop half of 1 carrot; cut remaining carrots on an angle into ¾-inch pieces. Finely chop **half the onion** (save rest for own use). Finely chop **1 teaspoon garlic**.



2. Brown chicken; cook bacon

Pat **chicken** dry; season all over with **salt** and **pepper**. In a medium ovenproof skillet, heat **1 tablespoon oil** over medium-high heat until lightly smoking. Add chicken in a single layer; cook, undisturbed, until browned on the bottom, 3–4 minutes. Transfer to a plate.

Add **bacon** to skillet, still over medium heat. Cook, stirring frequently, until browned and crisp, 4–5 minutes.



3. Begin braise

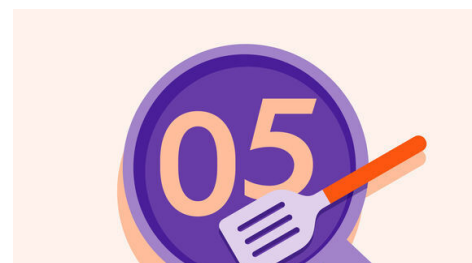
Add **onions**, **finely chopped carrot**, and **garlic** to skillet. Cook, stirring frequently, until vegetables are softened, 3–5 minutes. Stir in **1 tablespoon tomato paste** and cook, stirring constantly, until tomato paste begins to brown on bottom of skillet, 2–3 minutes. Stir in **2 cups water**, scraping up browned bits; add **lentils**, **carrot pieces**, and **broth concentrate**.



4. Braise

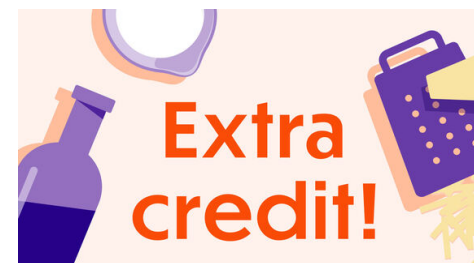
Nestle **chicken** in a single layer into **lentil mixture** and bring to a simmer over high heat. Transfer skillet to oven and cook until chicken just pulls apart when pulled with a fork, 35–40 minutes.

Transfer chicken to a plate. Pick **parsley leaves** from stems and finely chop; discard stems.



5. Finish & serve

Return skillet to stovetop (careful as handle will be hot) and cook over medium-high heat, stirring frequently, until liquid is thickened and **lentils** are fully tender, 4–5 minutes. Remove from heat and stir in ½ **tablespoon vinegar**; season to taste with **salt** and **pepper**. Divide **chicken**, **carrots**, and **lentils** between plates; sprinkle with **parsley**. Enjoy!



6. No waste tomato paste

Add some of that remaining tomato paste to your next marinara sauce to deepen the tomato flavor. Or, if you're feeling fancy, cook onions and garlic in a drizzle of oil, then add tomato paste, chili flakes, and smoked paprika. Stir tomato mixture into softened butter and serve with toasted bread for a little snack-etizer!